

**7/28/17 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)  
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE**  
<http://www.colorado.feb.gov/>

## **FOR YOUR INFORMATION**

**Standards of Ethical Conduct for Employees of the Executive Branch; Amendment to the Standards Governing Solicitation and Acceptance of Gifts from Outside Sources**  
<https://www.gpo.gov/fdsys/pkg/FR-2016-11-18/pdf/2016-27036.pdf>

**The Veteran's Guide for Academic Aid & Programs**  
<https://collegestats.org/resources/veterans-college-guide/>

###

## **COLORADO HOME FIRE CAMPAIGN - AMERICAN RED CROSS**

The Red Cross is working to reduce death and injury from home fires by 25% by 2020.  
**Volunteers needed.** For details, please visit: <http://www.redcross.org/local/colorado/home-fire-safety>

###

## **FEDS FEED FAMILIES 2017 FOOD DRIVE**

**June 1 – August 31, 2017**

CONTACT | Bart Bushman | USDA FNS | 303 844 0310 off | 720 325 3811 cell |  
[bart.bushman@fns.usda.gov](mailto:bart.bushman@fns.usda.gov)  
<https://www.usda.gov/our-agency/initiatives/feds-feed-families>

###

## **RETIREMENT PLANNING**

### **CFEB RETIREMENT PLANNING CLASSES**

<https://colorado.feb.gov/events-training/retirement-classes/>

**BREAKFAST SERIES CLASS | TSP 201 - Allocating your TSP in uncertain times**  
August 22, 2017 | **Class is full, email [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) to be placed on waiting list**

**BREAKFAST SERIES CLASS | TSP 301 - Using your TSP in retirement**  
August 31, 2017 | **Class is full, email [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) to be placed on waiting list**

**BREAKFAST SERIES CLASS | Women & Money**

September 12, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free  
Online Registration Required | <https://colorado.feb.gov/register/?ee=405>

Addressing Unique Concerns about Money and Retirement - When it comes to retirement women face additional financial concerns. As a result they need to learn how to identify the obstacles they may face and educate themselves on ways to overcome them.

**BREAKFAST SERIES CLASS | Maximizing your Federal Benefits**

October 12, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=385>

**BREAKFAST SERIES CLASS | Survive & Thrive in Retirement**

October 18, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=386>

###

**8th ANNUAL DFC FARMERS MARKET**

June 15 - September 7, 2017

Thursdays, 11 am - 1 pm

Bicentennial Park (4th Street and Main Avenue)

[www.gsa.gov/dfcfarmersmarket](http://www.gsa.gov/dfcfarmersmarket)

###

**AUGUST**

**DOI SAVVY LEADER PRACTICUM PROGRAM (SLP)**

Classes start late August & Early September 2017 | For Federal Supervisors, Managers and Executives in Denver & DC | For more information | [www.fcg.gov/events](http://www.fcg.gov/events)

**CONTACT** | Dr. Steve Frieman | 303 317 7386 | [Steven\\_Frieman@ios.doi.gov](mailto:Steven_Frieman@ios.doi.gov)

###

**RESILIENCE TRAINING FOR WORK & LIFE**

August 3, 2017 | 8:30 am - 4:30 pm | DFC, CFEB Training Room, Bldg. 25, Rm 1442, Denver, CO | Cost: \$50.00 | Online registration required: <https://colorado.feb.gov/register/?ee=402>

Times are tough for most of us. Work and life stressors can take their toll on us physically and emotionally. Our patterns of thinking and beliefs can do us more harm than good. This workshop will help you overcome, steer through, and bounce back from work and life adversity. Course highlights:

TRAINER | Hal Pitt | Hal Pitt Seminars | [www.halpittseminars.com](http://www.halpittseminars.com)

###

### **DENVER & INTERMOUNTAIN INTERURBAN CAR NO. 25 OPEN HOUSE**

August 5, 2017 | 10:00 am - 2:00 pm | Denver Federal Center, Bldg. 78, Gate 1, Denver, CO |

Free rides – weather permitting

[www.Lakewood.org/HistoricTransit](http://www.Lakewood.org/HistoricTransit) | 303 987 7850

Roll into the past with free trolley rides from restored 1911 Car No. 25, oral histories, historic photos and related kids activities. All adults need a government photo ID (i.e. driver's license) to enter the Federal Center. Sorry, pets are not permitted.

###

### **EEOC-DENVER FIELD OFFICE SEMINAR**

August 14, 2017 | 7:30 am - 5:00 pm | Embassy Suites-Stapleton, 4444 North Havana Street, Denver, CO | Cost: \$349.00

Training you cannot afford to miss. Join the EEOC-Denver Field Office for the latest developments in EEO law and best practices from the experts who enforce the law. There will be a special afternoon track for federal employees. This seminar meets the requirements for 8-hour EEO Counselor Refresher and 8-hour EEO Investigator. This course has been approved for 6.75 SHRM credits. CLE and HRCI credits are pending.

CONTACT: Patricia McMahon | 303.866.1344 | [patricia.mcmahon@eeoc.gov](mailto:patricia.mcmahon@eeoc.gov)

Website: To register and view agenda please visit <http://bit.ly/EEOTraining>

###

### **DOI UNIVERSITY CLASSES - Retirement Planning for CSRS Employees**

August 15-16, 2017 | 8:00 am - 4:30 pm | DFC, Building 53 | Denver CO | Free

Topics included: Federal Retirement Benefits, Social Security and MEDICARE (Including Parts A, B and D), Financial & Tax Planning and the TSP, Estate Planning and other Legal Issues.

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

Register | <https://doi.doi.gov/catalog.html?type=sp&id=lakewood>

###

### **OPM RECRUITMENT POLICY STUDIO OVERVIEW**

August 17, 2017 | 9:00 - 10:00 am MST | Register On-line at  
<https://recruitmentstudiopageaug17.eventbrite.com>

As part of the Office of Personnel Management's efforts to educate Federal agencies, we are providing briefings for agency personnel on available resources to strengthen the partnership between hiring managers and human resources professionals.

Hiring Managers | Human Resources Professionals | Employees who serve in a recruitment/outreach capacity

###

### **DOI UNIVERSITY CLASSES - Supervision for New Supervisors**

August 21-25, 2017 | M-12:00, T-TH-5:00, 8:00 am - 4:30 pm F 8:00 – 12:00 | DFC Building 53, | Denver CO | Cost \$675 | Register | <https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

This course equips participants with the foundational concepts and skills that federal supervisors need to be successful in leading those they manage to perform to their highest potential. The course focuses on the competencies and critical management activities addressed in the OPM guidance for supervisors in the first year

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

###

### **DOI UNIVERSITY CLASSES - Writing Foundations I: Basics of Grammar, Punctuation, & Word Usage**

August 29-30, 2017 | 8:00 am - 4:30 pm | DFC Building 53, | Denver CO | Cost \$345  
Register | <https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

Participants will learn to identify the parts of speech, the parts of a sentence, most common grammatical errors, and many errors in standard usage. They will learn to use accurate punctuation, gain more confidence, and build their writing skills

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

###

### **MOUNTAIN & PLAINS INTERGOVERNMENTAL AUDIT FORUM - "Strategies and Tools for Managing Risk"**

August 30 - 31, 2017 | 8:00 am - 4:30 pm | Grand Hyatt | 1750 Welton St., Denver CO | Cost: \$275 | Jenny Wong | 415-904-2124 | [WongJ@gao.gov](mailto:WongJ@gao.gov)  
Register | <https://www.regonline.com/builder/site/Default.aspx?EventID=1963355>

###

## **SEPTEMBER AND BEYOND**

### **DOI UNIVERSITY CLASSES - Retirement Planning for FERS and CSRS**

September 6-7, 2017 | 8:00 am - 4:30 pm | DFC Building 53, | Denver CO | Cost \$400

Register | <https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

Understand the current federal retirement benefits and proposed legislation • Understand financial principles, financial risks and investments • Recognize impact of Social Security on retirement planning • Understand Thrift Savings Plan (TSP) • Understand estate planning and legal issues, wills, trusts and power of attorneys.

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

###

### **DOI UNIVERSITY CLASSES - FPM-121 Fundamentals of Project and Program Management II**

September 11-15, 2017 | 8:00 am - 4:30 pm | DFC, Building 53, | Denver CO | Cost \$625

Register | <https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

This course encourages students to build on and discuss the basic concepts learned in FPM 120, Acquisition Fundamentals of Project and Program Management, and apply these concepts in team-based practical exercises. Completion of FPM 120 and FPM 121 provide the basic knowledge and skills that entry-level project managers (PMs) need to successfully manage a small project or be an effective member of an integrated project team (IPT). Completion of FPM 120 A and FPM 120 B through FAITAS/DAU is a pre-requisite for this course.

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

###

### **DOI UNIVERSITY CLASSES - Managing Performance**

September 12-14, 2017 | 8:00 am - 4:30 pm | DFC, Building 53, | Denver CO | Cost \$625

Register | <https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

Performance Management is an on-going communication process that involves both the supervisor and the employee. When done effectively, it produces a win-win for the employee and the organization. Supervisors can maximize an employee's potential by developing appropriate performance standards, giving on-going performance feedback, writing constructive performance appraisals, and planning and supporting employee development. This

course provides a process for managing employee performance and increase the contribution and impact to the organization.

Pam Stovall | 303 236-0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

###

## **L548 COOP MANAGER TRAIN THE TRAINER COURSE**

September 20-21, 2017 | 8:00 am – 4:30 pm | DFC, Bldg. 41, Colorado Room (2nd Floor)  
Denver, CO | Cost: Free | Employee's agency, directorate, or office is responsible for all travel costs associated with this training.

Online registration is required | <https://colorado.feb.gov/register/?ee=403>

The Continuity of Operations (COOP) Manager's Train-the-Trainer Course is to provide COOP training for Program Managers at the Federal, State, Local, and Tribal levels of government. This training includes a train-the-trainer module to equip the managers to train the course to others.

Upon completion of this course, participants should be able to do the following:

- ♦ Define Continuity of Operations;
- ♦ Explain the benefits of developing a viable continuity program;
- ♦ Identify the elements of a viable continuity program
- ♦ Identify the processes, resources and tasks necessary to implement and manage a successful COOP Program; and Train future Continuity Program Manager Trainers.

PREREQUISITES: Completion of IS 547 Introduction to Continuity of Operations

###

## **DENVER FEDERAL CENTER PASSPORT ACCEPTANCE FAIR**

September 25, 2017 | 10:00 am - 2:00 pm | Denver Federal Center | CFEB Training Room, Bldg. 25, Room 1442, Entrance E-14 | Federal Employees and their Family members only |  
Government ID required for entrance to the Federal Center & Bldg. 25

Are you planning on traveling internationally this year? Do you have a passport? Does it have plenty of validity left, or is it nearly expired? Representatives from the Department of State will accept passport applications from federal employees and their families at the Denver Federal Center. Why hassle with getting an appointment at the Post Office when Passport Services is coming to you?

If you are interested in applying, please bring original citizenship evidence (birth certificate, previous passport, naturalization certificate, etc.), government issued identification (driver

license, state-issued ID, passport, etc.), at least one passport photo and a credit card or check for payment. We will have plenty of applications on hand for you to fill out, or you can bring a completed application, whichever you prefer.

Additional information regarding fees and application requirements is available at [www.travel.state.gov](http://www.travel.state.gov)

###

## **CIVIL TREATMENT FOR EMPLOYEES**

September 27, 2017 | 8:00 am - 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Denver, CO | Cost: \$50 per person – Cost covers workbook

Online registration is required | <https://colorado.feb.gov/register/?ee=404>

Civil Treatment for Employees (CTE) is an award-winning, video-based program designed to communicate that certain behaviors are divisive and have negative business outcomes. The focus of this class is on conduct that fosters team spirit and productivity. It gives participants practical behavioral steps to ensure a work environment in which everyone can work without the obstacles that arise when co-workers behave inappropriately. It also ensures that they understand their options when confronted with inappropriate behavior, as well as where and how to raise concerns.

Learning Objectives: CTE provides a behavioral model in which participants learn firsthand how their conduct can cause or prevent EEO workplace problems and liability. Topics covered include:

- ♦ Sexual and Workplace Harassment
- ♦ Abusive/Bullying Behavior
- ♦ Manager's Duty to Act
- ♦ Speaking up

**TRAINER** | Graham Smith, Learning & Development Officer, National Park Service

###

## **DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS**

Register | <http://www.denvergov.org/oem> | [DenverCERT@denvergov.org](mailto:DenverCERT@denvergov.org) | 303 725 3084

###

## **TRAINING @ DOI UNIVERSITY**

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

<https://doi.doi.gov/catalog.html?type=sp&id=lakewood> |  
<https://doi.doi.gov/catalog.html?type=c>

###

## **TOASTMASTERS CLUBS**

### **Denver Federal Center Dam Good Speakers Club**

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67 | Denver CO

CONTACT | [vpm-302857@toastmastersclubs.org](mailto:vpm-302857@toastmastersclubs.org) | <http://damgoodspeakers.toastmastersclubs.org>

### **Interior Business Center ASC Speakeasy Club**

Wednesday's | 11:30 am - 12:30 pm | Meet at Building 7301 Security Desk

Contact Craig Brown | 720 432 0885 | [ascspeakeasy@gmail.com](mailto:ascspeakeasy@gmail.com) |

<http://ascspeakeasy.toastmastersclubs.org/>

###

## **VAN & CARPOOL**

Vanpools needing riders are listed on the CFEB web site

<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to [iconn@colorado.feb.gov](mailto:iconn@colorado.feb.gov)

###

## **HEALTH DOES MATTER**

### **Veterans Free Monthly Non-Narcotic Care Clinics**

Held monthly | 9:00 am - 1:00 pm | Various Locations: [www.healingwarriorsprogram.org](http://www.healingwarriorsprogram.org)

**Denver Clinic** | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO

**Longmont Clinic** | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

**CO Springs Clinic** | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

### **Under Water Hockey**

Among the stories shown on ONRR's current web site is one titled "Summer Activity Highlight: Underwater Hockey." Underwater hockey is played with a weighted puck on the bottom of the



pool and short foot-long sticks. The best way to describe it is to watch the following the video/audio report on one of our practice sessions. The Denver Channel 7 TV Station broadcasted this video/audio report during June 2017, and it can be found at:

<http://www.thedenverchannel.com/sports/discover-what-it-takes-to-be-an-underwater-hockey-player-in-colorado>

### **Healing Horses for the Armed Forces**

CONTACT | Suzy MacKenzie | 303 596 2784 | [eaglesnestranch501@gmail.com](mailto:eaglesnestranch501@gmail.com)

Active duty and Veteran service members, as well as their family members are invited to come to the Eagles Nest Ranch and spend time with a horse free of charge.

### **Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER**

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | [kiel.hovland@gsa.gov](mailto:kiel.hovland@gsa.gov)

**Tuesday's** | 5:00 – 6:00 pm | Yoga for beginners and intermediates

**Thursday's** | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | [dotys1@yahoo.com](mailto:dotys1@yahoo.com)

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

### **FEHB VIRTUAL SERVICE**

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | [kp.org/feds](http://kp.org/feds)

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | [www.kpfedtalk.org](http://www.kpfedtalk.org) | Code kpfedtalk1 | Follow prompts for audio

### **Connect with FEDSTRIVE Region 8**

Facebook - <https://www.facebook.com/FedStriveR8>

[www.FOH.hhs.gov](http://www.FOH.hhs.gov)

### **BONFILS DFC BLOOD DRIVE**

2nd Thursday of each month | 8:00 am - 1:30 pm

Denver Federal Center | Bldg. 67 | Hungry Horse Room

SCHEDULE AN APPOINTMENT | [www.bonfils.org](http://www.bonfils.org) (site code is 2015) | 303 363 2300

Betty Palcsak | 303 236-6905 | [bpalcsak@usgs.gov](mailto:bpalcsak@usgs.gov)

###

### **JOB ANNOUNCEMENTS**

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - [https://help.usajobs.gov/index.php/Main\\_Page](https://help.usajobs.gov/index.php/Main_Page)

Links to information on building your resume, etc. - <http://www.fs.usda.gov/main/r3/jobs/outreach>

**National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO**

Underground Storage Tank Program Professional Support

[https://www.nowcc.org/states-with-open-positions/position-details/?position\\_id=3818](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=3818)

###

## CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

###

*Have a safe and wonderful weekend*

CFEB Staff

Fred Eidson | Executive Director | [feidson@colorado.feb.gov](mailto:feidson@colorado.feb.gov)

Jeff Conn | Deputy Director | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

Colorado Federal Executive Board (CFEB) | 303 202 4588 | <http://colorado.feb.gov/index.php>

***Working for the greater good by creating partnerships for intergovernmental communication & collaboration!***

Please email [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) to subscribe or unsubscribe from CFEB email